HILARIA BALDWIN FLEXES HER (PELVIC) MUSCLES

THEY HELPED IN THE BIRTH OF HER NEW BABY WITH HUSBAND ALEC. PAGE 24

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Tuesday, October 22, 2013 **www.metro.us | t: MetroNewYork | f: MetroNewYork**

Too young. Kyam Livingston, 37, died three months ago from apparent seizures after being taken into police custody.

On a mission. Her family wants to know what happened to her and will push for reforms of what happens when people are arrested and sent to jail at Brooklyn Central Booking. PAGE 02

Searching for answers

Anita Neal holds photos of her daughter Kyam Livingston at a press conference. Her daughter died while in police custody three months ago. / BESS ADLER, METRO

Ferdinand: Don't buy deluxe CD!

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Looking at 'Humans of New York'

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Like to eat? Fly south to St. Pete

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CUNY Graduate Fair See page 15

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NEWS

Worldwide

Metro launches daily newspaper in Nicaragua

Metro International, the world's largest international newspaper, has expanded in Latin America by launching a free daily newspaper in Nicaragua. The newspaper was launched on Oct. 14 in the capital city of Managua.

Metro is already the largest newspaper in Latin America with nearly 3.5 million daily Metropolitan readers across Mexico, Brazil, Chile, Ecuador, Peru, Guatemala, Colombia and Puerto Rico.

"With newspapers and digital offerings in nine Latin American markets, we now have a very strong footprint in the region and we will continue to grow, not least in digital media," said Per Mikael Jensen, CEO and president. "I'm very happy to see Metro launched in Nicaragua and to welcome Managua as one of the more than 200 cities around the world where you can pick up Metro."

Livingston family seeks justice in NYC jail death

Police custody. Kyam Livingston's family pushes to find out how she died in lockup.

Members of Kyam Livingston's family came together to demand answers as to how she died. / BESS ADLER, METRO

Brooklyn mother of two Kyam Livingston, 37, died in police custody three months ago.

Now her family is demanding answers from the NYPD as to what happened while she was in their care. The family's attorneys say multiple witnesses have said Livingston was in pain for as long as seven hours, pleading with police officials for help and medical treatment before she died.

"Her cell mates — so-called criminals — were rendering aid," attorney Jay Schwitzman said.

Livingston was arrested on July 20 around 1:51 a.m. after getting into an argument with her grandmother an hour prior.

The family's attorney said the dispute was nonviolent, but Livingston was arrested.

According to police, Livingston was then taken to Kings County Hospital for "apparent intoxication."

She was brought to Brooklyn Central Booking at 10:30 a.m. to be arraigned. At 6:40 a.m. the next day, according to police reports, emergency medical personnel took her to Brooklyn Hospital for "apparent seizures." Police said she was pronounced dead on arrival at the hospital at 6:58 a.m.

But the family says an eyewitness who was a registered nurse told them Livingston was dead in Central Booking for 20 minutes before emergency medical personnel arrived.

Councilman Jumaane Williams said he didn't understand why so little attention was being paid to Livingston's death.

"I didn't even hear about this story until several weeks ago when someone told me about it," Williams said.

It appeared Mayor Michael Bloomberg had also not heard about the family's lawsuit, their demands for the names of the police officers at Central Booking and video footage from the cell where she was being held.

"We don't know anything about it," the mayor said yesterday.

A spokesperson from the city's law department said it had not yet been served a formal copy of the lawsuit.

Williams and Livingston's family are pushing for reform to Brooklyn Central Booking, so that people arrested on low-level charges aren't held alongside people arrested on charges of rape and murder.

They want change — but they also want answers as to what happened to their loved one, and why her cries for help would have gone unanswered for so many hours, as their witnesses have alleged.

DANIELLE TCHOLAKIAN
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Compiling evidence

Kyam Livingston died three months ago after being taken to Brooklyn Central Booking.

- She was pronounced dead at Brooklyn Hospital from seizures.
- The family has had their own autopsy performed to verify what she died from.
- They said that they are suing the city.

Quoted

"She didn't deserve this. I would still be with my daughter today if she had gotten attention. They let her beg for seven hours."

Anita Neal, Livingston's mother

New poll

De Blasio still leads Lhota

Democratic candidate Bill de Blasio still holds a commanding lead over Republican Joe Lhota in the race for mayor, the latest poll suggests.

De Blasio leads Lhota by 44 points, with support from 68 percent of likely voters to Lhota's 24 percent, according to a Quinnipiac University poll released yesterday.

"The good news for Public Advocate Bill de Blasio is that he probably can start drafting his inauguration speech," Maurice Carroll, director of the Quinnipiac University Polling Institute, said in a statement.

The poll surveyed 973 likely voters and has a margin of error plus or minus 3.1 percentage points. **ANNA SANDERS**

Missing boy

NYPD may start scaling back Avonte search

Avonte Oquendo, 14, has been missing for over two weeks, and Police Commissioner Ray Kelly says there have been no leads in the search for him.

With the lack of progress, it seems the NYPD will "have to make adjustments" in the amount of resources being used in their investigation.

Avonte Oquendo
BESS ADLER, METRO

Kelly said if there is no headway made in the next few days, such modifications will have to be made this week.

The NYPD has "a couple hundred" officers in the search, Kelly said. They have deployed divers along the river near the school where Oquendo went missing. **DANIELLE TCHOLAKIAN**

Released to the Public: Bags of Vintage Buffalo Nickels

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2013 marks the 100th anniversary of an American Classic: the Buffalo Nickel. To honor this milestone, New York Mint is releasing to the public bags of original U.S. government Buffalo Nickels not seen in circulation for decades. Now they can be acquired for a limited time only—not as individual collector coins, but by weight—**just $49 for a full Quarter-Pound Bag.**

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Free clinic coming to the Rockaways

Health care. The Rockaways Free Clinic opens this Thursday, nearly a year after Sandy.

Organizers hope the Rockaways Free Clinic will close the health care gap in the community. / GETTY IMAGES

Before superstorm Sandy, the Rockaways made up one of the most medically underserved communities in the city.

"And then after the hurricane, a lot of the doctors' offices were basically washed away," said Dr. Amber Featherstone, the medical director of the Rockaways Free Clinic.

The clinic is the first in the U.S. opened by Doctors of the World USA, a nonprofit that provides health care access to underserved people around the world.

Organizers hope the clinic will fill a health care gap in neighborhoods suffering from already-high rates of chronic disease.

"There's people who are missed by the system," said Noah Barth, program coordinator of the clinic, noting the area's high population of uninsured New Yorkers.

Barth and Featherstone also said that St. John's Episcopal Hospital, the lone medical center serving the area, isn't enough.

"They can't service everybody, it's beyond their capacity," Barth said.

Barth has been working with community members since January to determine what kind of facility the Rockaways needed.

"Hopefully we'll put ourselves out of business," Featherstone said. "It would be great if people didn't need it."

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Visiting the clinic

The clinic, located at 2-30 Beach 102nd St., will provide primary and preventive care to uninsured adults Thursdays, noon to 8 p.m., and Saturdays, 10 a.m. to 2 p.m.

- Referrals to specialty care and chronic disease management will also be provided.
- Basic cancer screenings, mental and women's health services are also available.
- Qualified locals can also get help signing up for services like Medicare and insurance through the Affordable Care Act.
- Visit www.doctorsoftheworld.org/rockawaysfreeclinic or call 718-634-4941.

Quoted

"It's founded on the trust we already developed. All a part of continuing efforts to come back as a stronger community."

Noah Barth, program coordinator of the clinic

Big sting nets underage booze sales

The State Liquor Authority conducted a weeklong investigation into 250 licensed liquor sellers around the five boroughs and busted a whopping 76 for selling to underage customers.

Between Oct. 3 and Oct. 11, volunteer minors recruited by the City University of New York and the American Society for Industrial Security attempted to buy alcohol at various stores around the city. SLA Beverage Control Investigators went into the stores to observe and verify that illegal sales were made.

Alcohol and minors don't mix. / RIKARD LARMA, METRO

Common problem

76

The number of shops busted for selling alcohol to minors.

Charges of underage sales can cost a business up to $10,000 per violation, with $2,500 to $3,000 fines for first time offenders. Repeat offenders can have their liquor licenses suspended or revoked.

Of the 76 stores, 26 were in the Bronx, 23 in Brooklyn, 19 in Manhattan, six in Queens and two on Staten Island. The SLA insisted that penalizing these vendors allows "honest" businesses to survive.

DANIELLE TCHOLAKIAN

Bloomberg wins $1 million Jewish award

Winning. Mayor Michael Bloomberg is the first recipient of an award being called the "Jewish Nobel Prize."

The Genesis Prize Foundation gave Mayor Michael Bloomberg an award for his public service and philanthropy, officials said yesterday.

Israeli Prime Minister Benjamin Netanyahu will present the mayor with the award in Jerusalem next May, when Bloomberg will decide where he is donating the money.

Bloomberg / GETTY IMAGES

Bloomberg was selected from some 200 nominees to receive the prize, which was established to recognize individuals who "represent a fundamental value of the Jewish people — a commitment to the betterment of mankind."

The mayor said that he was deeply honored to be the first recipient.

"Many years ago, my parents instilled in me Jewish values and ethics that I have carried with me throughout my life, and which have guided every aspect of my work in business, government and philanthropy," he said.

Bloomberg said he wanted to use the money for an "unconventional" cause that his foundation has not supported in the past.

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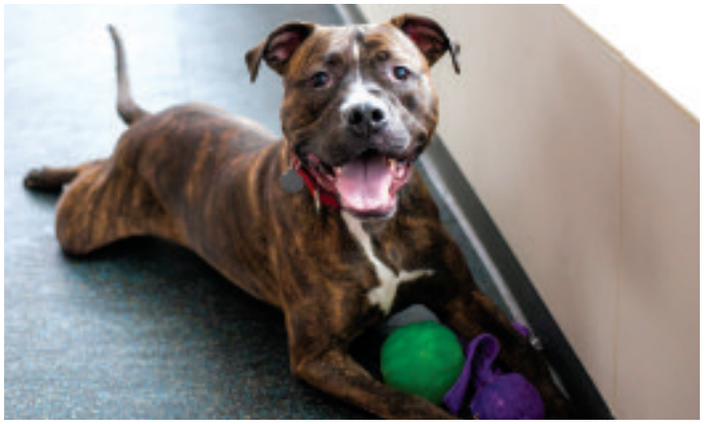

Adopt a pet with Metro and ASPCA

Spike loves to play all day with his best friends. This handsome guy is super affectionate and social, and has a blast romping with other dogs. To adopt Spike, stop by the ASPCA Adoption Center at 424 E. 92nd Street, or visit Adoptaspca.org. / ASPCA

Corruption

Federal trial begins for NYPD cop charged with robbing drug dealers

The federal trial against NYPD officer Jose Tejada, 45, began in Brooklyn yesterday.

Tejada was arrested in April and charged with robbery, drug trafficking and unlawful use of a firearm in connection with more than 100 robberies of drug dealers in the New York City area. Tejada had obstruction of justice charges added against him after he allegedly used an FBI database to check if there were arrest warrants out for his co-conspirators after he had been arrested.

Prosecutors say Tejada took part in at least three of the robberies during 2006 and 2007, including one at the Bronx home of a family of three while he was on duty. **DANIELLE TCHOLAKIAN**

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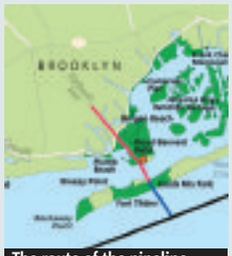
Fracking

Upcoming hearings for Rockaway Pipeline

The first of two Federal Energy Regulatory Commission Public Hearings over a proposed Rockaway gas pipeline will be taking place tonight at the Knights of Columbus Rockaway Council 267 at 333 Beach 90th St. starting at 7.



The route of the pipeline
COALITION AGAINST THE ROCKAWAY PIPELINE

The pipeline, to be built by Williams Transco and National Grid, is being hit with much of the same criticism as the Spectra Pipeline planned for lower Manhattan. Both pipelines would bring shale gas — produced by fracking — to the city.

This pipeline would be embedded in the ocean floor and run under Riis Park Beach to old abandoned airplane hangars at Floyd Bennet Field.

The second hearing will take place tomorrow night, also at 7, at Aviator Sports and Events Center at 3159 Flatbush Avenue.

DANIELLE TCHOLAKIAN

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NYPD cars, like these, will be part of the fleet consolidation effort. / GETTY IMAGES

Sharing fleet resources will save city $415 million

Consolidation. Bringing together vehicles from city government agencies will save NYC big money.

In an effort to save money and increase efficiency, city agencies adopted a tactic mastered by most first graders: sharing.

By consolidating operations for a fleet of more than 25,000 government vehicles, the city will save some $415 million by 2016, officials said yesterday.

"It's unconventional wisdom and shows you what you can do if everybody works together," Mayor Michael Bloomberg said at a new NYPD garage in Washington Heights that also services vehicles from the Departments of Environmental Protection and Transportation.

Since 10 departments formed an interagency management group to coordinate fleet reductions in 2011, the number of dedicated fleet repair facilities in the city has been reduced from 47 to 37. As part of fleet consolidation efforts, some city workers will also be able to reserve unused vehicles online through a partnership with Zipcar.

The initiatives will save roughly $45 million a year and make the city more efficient, officials said.

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Changing attitudes

New York City has reduced the number of dedicated repair sites in the city by 21 percent.

- Still, the shift hasn't easy, said John Doherty, Department of Sanitation Commissioner.
- In the last two years, Chief Citywide Fleet Officer Keith Kerman helped oversee 315 interagency meetings to facilitate the change.

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Obamacare. Sebelius to testify to Congress about rollout woes

U.S. Health and Human Services Secretary Kathleen Sebelius intends to testify before Congress about Obamacare's troubled rollout, a spokeswoman said yesterday, but no specific date has been confirmed.

Sebelius has been under fire from Republicans after turning down an invitation to testify at a Thursday hearing before the House of Representatives Energy and Commerce Committee.

"We are in close communication with the committee and have expressed our desire to be responsive to their request," said HHS spokeswoman Joanne Peters. REUTERS

Tea Party

Police and FBI probe Twitter threat against Sen. Cruz

Law enforcement officials are investigating threats made against U.S. Sen. Ted Cruz on Twitter last week, police said.

Capitol Hill Police and the FBI are looking into a series of posts made against the Texas Republican by a person identifying himself as Troy Gilmore Jr., who used the Twitter handle @ArmyVet54 and described himself as a military veteran.

"Take down Ted Cruz, at his home," read one post. Another post said, "What goes around comes around CRUZ!!" REUTERS

'Frustrated' Obama vows to get health care site fixed

Solution. Some of the best tech talent is being brought in to repair the website, Obama said.

President Barack Obama holds onto Karmel Allison who has type 1 diabetes and nearly fainted while he was delivering remarks about the error-plagued launch of the Affordable Care Act's online enrollment website. / GETTY IMAGES

Failure to launch

The president, standing with a number of Americans who have enrolled successfully using the system, encouraged uninsured Americans to pursue alternative means to sign up for coverage, pointing them toward phone call centers and saying those who tried but failed to get into the system would be contacted personally.

President Barack Obama declared himself frustrated yesterday with the malfunctioning website that is central to his signature health care law and vowed to take steps to fix it.

Scrambling to get ahead of a burgeoning political uproar over implementation of the Affordable Care Act, Obama took to the White House Rose Garden to insist the law is bigger than just a website and that eventually the bugs in the software will get worked out.

Online insurance exchanges were launched on Oct. 1 under the 2010 law, often called "Obamacare," to offer health insurance plans to millions of uninsured Americans.

But people trying to shop for health insurance at www.healthcare.gov have been frustrated by error messages, long waits and system failures, with many failing to make it through the system despite repeated tries.

The president acknowledged the depth of the problem, saying that nobody is more frustrated than he is.

Republicans strongly oppose the law and have begun to focus intense criticism on the health care system's rollout.

"Nobody's madder than me about the fact that the website isn't working as well as it should, which means it's going to get fixed," he said.

The White House said last week that Obama still has "full confidence" in Health and Human Services Secretary Kathleen Sebelius, whose department is implementing the law. REUTERS

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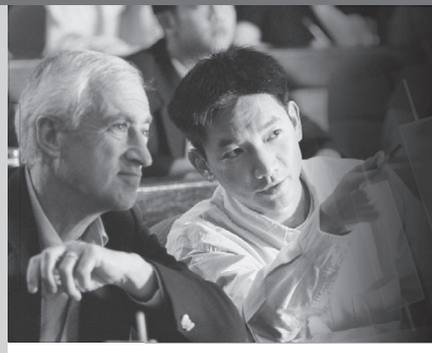

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GETTY IMAGES

Gay marriage is legal in NJ

New Jersey yesterday became the 14th U.S. state to legalize gay marriage after Gov. Chris Christie withdrew his administration's legal opposition to same-sex nuptials. The governor's decision, which came just hours after same-sex couples began marrying in New Jersey, removed a legal challenge that could have left those newlyweds in limbo until the courts ruled on an appeal previously filed by the Christie administration. REUTERS

Staff member and student shooter dead at Nevada school

Violence. The suspected shooter is believed to be about 13 or 14 years old.

A teacher was shot dead and two students were wounded when a student opened fire at a middle school in the northern Nevada city of Sparks yesterday before taking his own life, law enforcement officials said.

Both of the wounded students from Sparks Middle School were listed in critical condition at Renown Regional Medical Center in nearby Reno, where one of them had undergone emergency surgery, said Tom Miller, acting Sparks police chief.

Police gather after a shooting at Sparks Middle School. / GETTY IMAGES

Quoted

"It's a tragic day for the city of Sparks. ... I just want to reiterate again that the city itself is very safe and this is just an isolated incident."

Mayor Geno Martini
told a late-morning news conference.

"A kid started getting mad and he pulled out a gun and shoots my friend, one of my friends at least," a seventh-grade student identified as Andrew told local KOLO-TV.

"And then he walked up to a teacher and says back up, the teacher started backing up and he pulled the trigger."

"The teacher was just lying there and he was limp, he didn't know what to do, he was just in a lot of pain," Andrew said.

"And me and five other friends went to him and said come on we've got to get him to safety. We picked him up, carried him a little bit far and we left him because our vice principal came along and said go, go, go get to safety, get to safety. So we left the teacher there and we went to safety," he said. REUTERS

Search settlement

Casey Anthony settles with search firm

Casey Anthony, the Florida mother acquitted in the 2008 killing of her 2-year-old daughter, has reached a settlement with the organization that spent $100,000 looking for her missing daughter, the group's lawyer said yesterday.

Anthony was acquitted in 2011 of the murder of her daughter, Caylee. She was found guilty of lying to investigators when she told them Caylee had been kidnapped and prompted a nationwide search for the girl. Texas EquuSearch, which claimed it drained its coffers and brought in "countless" volunteers to search for Caylee, sued after her lawyer told jurors she knew her daughter was not missing. REUTERS

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New study. Think twice before buying breast milk online

Most of the breast milk sold over the Internet is contaminated with bacteria, a new study suggests.

Researchers tested 101 milk samples they bought on milk sharing websites. They found that almost three quarters probably weren't safe for babies, especially preemies.

Those sites have thousands of ads from people selling breast milk, often new mothers who make more than their baby needs. The milk typically sells for $1 or $2 per ounce.

"If you buy milk on the Internet, you have no idea what you're getting," said Sarah Keim. She led the study at The Research Institute at Nationwide Children's Hospital in Columbus, Ohio. REUTERS

Discipline

Spanking tied to later aggression among kids

Researchers found kids who were spanked as 5-year-olds were slightly more likely to be aggressive and break rules later in elementary school.

Those results are in keeping with past research, said Elizabeth Gershoff. She studies parental discipline and its effects at the University of Texas at Austin.

"There's just no evidence that spanking is good for kids," she told Reuters Health. REUTERS

Worried about chemicals in cosmetics? Apps may help

In 2004 the EWG started a website called the Skin Deep Cosmetics Database so consumers could look up potentially hazardous ingredients in skin care products. It contains information on more than 78,000 items available in the United States. / GETTY IMAGES

Info. Think Dirty gives a score after scanning a barcode for ingredients and chemicals.

Consumers worried about what might be lurking within their cosmetics and skin care products can turn to new apps that scan barcodes to review the items for safety.

Each day women are exposed to about 168 chemicals in beauty products, according to the Environmental Working Group, a Washington-based health research and advocacy group that looks into toxic chemicals.

"We all use so many products, and even when we look at the back of the label, we don't understand what's in them because we're not chemists," said Lily Tse, the founder of Think Dirty, which is based in Toronto.

"Cost is No. 1 for the companies who make the products, and making something synthetic that can be mass produced lowers the cost," she explained.

The score indicates whether a product has any harmful ingredients and allergens. The app also lists each ingredient and its potential effect on health using sources such as The National Library of Medicine's Hazardous Substances Data Bank, the EWG and the David Suzuki Foundation, a Canadian environmental group. REUTERS

Quoted

"If it's considered safe here but not considered safe in Japan then consumers might want to know this." Tse

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"Maria" was found living in a Roma settlement. / GETTY IMAGES

Roma defend the adoption of blonde girl

Different worlds. "Maria" highlights the gap between travelers and mainstream society.

The case of a young blonde girl discovered in a Roma township in Greece has captured the public imagination in the country and beyond, with more than 8,000 calls to the charity sheltering her and Interpol hunting for the parents of 4-year-old called "Maria."

The girl's guardians have been charged with abduction after DNA tests showed they were not relations, but fellow Roma in London told Metro the case has been misunderstood.

"The family [is] responsible," said Andrei, an ethnic Roma from Romania living with a group of travelers in the city center.

"If they don't want to look after the child, why shouldn't someone else?"

Andrei said it was normal in his community to take in abandoned children and claimed he had done it "once or twice," including "children from different [non-Roma] backgrounds."

The traveler would not say exactly how such children were recruited, but denied it was kidnapping and dismissed such interpretations as racism.

However, the Athens charity Smile of the Child, which is keeping Maria, claims the girl was forced to dance and beg.

Director Costas Yannopoulos said she was kept in appalling conditions and suggested Maria had been trafficked from Scandinavia.

"It's not regular, but children are taken either for welfare payments or to work," Andreea Bostan, a community worker who has spent several years working with Roma, said. "This is a typical case — in many cases, older girls are used to lure younger ones, and they can become prostitutes."

Kostas Diamantis, who works with the Panhellenic Association of Greek Roma, said that the Roma are increasingly segregated from mainstream Greek society and that a growing number of schools are refusing to educate Roma children.

KIERON MONKS
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Who are the Roma?

Roma, or gypsies, are a traveler community that originated in India more than 1,000 years ago.

- There are up to 12 million in the world today, but accuracy is limited.
- The majority live in Central and Eastern Europe.
- The community is under fire in many countries, where they are accused of criminality and failure to integrate.

Pious advice

Turkish man opens first halal sex shop online

A Turkish entrepreneur has opened what he says is the country's first online sex shop for Muslims, selling everything from lubricants to herbal aphrodisiacs and offering advice on how to have "halal sex."

Haluk Murat Demirel, 38, said he had been inspired to launch the site, www.bayan.helalsexshop.com, by friends who wanted sex advice and products but found the content on other websites and in specialist stores too explicit.

Sexual mores provoke frequent debate in the majority Muslim but constitutionally secular country. There are relatively few sex shops, even in major cities. Demirel said the website — which offers advice on which sexual practices are banned by Islam and which are not — had proved unexpectedly popular since launching, with 33,000 visitors on Sunday alone. REUTERS

Quoted

"Online sex shops usually have pornographic pictures, which makes Muslims uncomfortable. We don't sell vibrators, for example, because they are not approved by Islam." Demirel

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JON STEIN

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Jon Stein is the founder and CEO of Betterment.

EXACTLY HOW JOINT IS YOUR JOINT CHECKING ACCOUNT?

Yet another study about couples and their money has found that many people aren't feelin' the love when it comes to their finances.

That may not be surprising, given how often most couples squabble over money. But a new study from Fidelity Investments points to a more baffling gap.

On one hand, 81 percent of couples describe themselves as "one financial entity." Yet 55 percent of couples admit that they don't make day-to-day decisions jointly, and only 28 percent are completely confident that either partner is ready to assume responsibility for their joint retirement finances.

But rather than read these results as couples' money fights, I think this survey reveals a deeper contradiction that many couples never address.

One recent study found that women were the primary earners in 40 percent of households, and 24 percent of women said they have the primary responsibility for the day-to-day finances, but only 19 percent say that about retirement planning.

Does this make women a liability? Not at all, as men's responses likely reflect the male tendency to express overconfidence in their abilities.

Although clearly most couples want to be united on the money front, the reality is that most of us are dealing with an uneven distribution of skills, outdated perceptions and gender role hangovers. In most surveys, as in this one, women tend to identify themselves as the chief household budgeters; men tend to identify as the long-term planners.

As men's and women's capabilities and interests shift, it's essential for individual couples to identify which partner, really, is the best equipped to rein in the grocery budget or manage the 401k, rather than default to pre-existing conditions or belief systems.

When it comes to money, couples need to get over antiquated notions of gender identity. / GETTY IMAGES

Quoted

"It's essential for individual couples to identify which partner, really, is the best equipped to rein in the grocery budget or manage the 401K."

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Navigate the Affordable Care Act

Health. Picking the right health care plan may require accredited business smarts.

Just getting online to shop has been tough enough during these early days of the insurance marketplaces launched under the Affordable Care Act, with reports of website malfunctions piling up. But a new study suggests even after they get into the ACA exchanges, consumers will have difficulty picking the policies that will be most cost-effective.

Like our self-directed retirement saving system, the new health care system is one that requires consumers with varying degrees of expertise and knowledge to make important decisions for themselves.

Researchers from several universities asked a national cross-section of Americans to choose exchange policies that would be cost-efficient for them. The vast majority — 80 percent — failed to choose the best plan, resulting in average annual overspending of $611.

"Most people had trouble combining the policy premium, co-pay and deductible to understand their total likely cost," said Eric Johnson, director of the Center for the Decision Sciences at Columbia Business School and co-author of the study.

The researchers also asked students in the Master's of Business Administration program at Columbia University to shop. They were able to pick the best plan for themselves 73 percent of the time — and 40 percent of them did it by crunching numbers with spreadsheets.

Some people will read the results as yet another indictment of the ACA. But the findings echo what is already going on in the health insurance reform that preceded the ACA: the Medicare Part D program for prescription drugs.

It may be difficult to figure out how you're going to make your health care future work. / GETTY IMAGES, FUSE

Like the ACA, Part D revolves around an online marketplace offering dozens of choices. A study published last year found that seniors who participate are wasting hundreds of dollars by over-insuring themselves. Just 5 percent picked the most cost-effective plan; more than 30 percent overspent by $300 to $500 and nearly 20 percent over-spent by $500 to $1,000, according to researchers at the University of Pittsburgh.

Political ideologies and industry clout dictate that we go with these market-driven health reform solutions, rather than a single-payer approach to delivering the insurance.

Johnson's research predicts that ACA exchange shoppers will do better with guidance — either with one-on-one help available from health care navigators working in every state, or from online tools that could help people easily calculate and understand expected total annual costs.

But at the end of the day, plan selection involves a risk tolerance question. "Think about what you could afford if you became sick," says Cheryl Fish-Parcham, deputy director of health policy at Families USA, a consumer advocacy group. "If you're a person who would not be able to pay for care until you met a deductible, then don't enroll in a high deductible plan. Spend the money on premiums instead." **REUTERS**

By the numbers

80%

Percentage of Americans who failed to choose the best health care plan, resulting in average annual overspending of $611, according to a recent study

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Aspiring nurses put their skills to the test

See more at www.metro.us

Study aid. A new online, open-access initiative helps teach the ins and outs of patient care.

Gearing up for the National Council Licensure Examination is about to get easier for aspiring nurses. While test prep resources previously have been limited to expensive review courses and lecture notes, students will soon have a wealth of open access, peer-developed and peer-reviewed study materials available online.

The project is the result of a three-way partnership. It is funded by The Jonas Center for Nursing Excellence using the clinical nursing expertise of the American Association of Colleges of Nursing. The Khan Academy, a nonprofit focused on innovating free online education, will provide the platform to distribute the material.

Resources focusing on nursing have been particularly lacking online. "I've always noticed this was a group of people who seemed interested in something like this," said Dr. Richi Desai of Khan Academy, who has worked on developing health education materials in the past. "The MCAT tests pre-clinical information. What about clinical skills?" Nurses are responsible for a range of knowledge, like inserting IVs or catheters, that are less straightforward than studying physiology."

The structure of the study materials will tie directly to patient care. "One of the most essential skills of a nurse is critical thinking," said Dr. Jane Kirschling, president of AACN. "You need to be able to take a wealth of information and decide what is most important to help guide your care for a specific individual." The study materials will be organized by types of illnesses and patients to help nurses decide how to prioritize the steps of a given patient's care. It's information that is applicable well after the NCLEX — many health workers double-check facts on the job using their smartphones.

The skills tested on the NCLEX exam are used by nurses in all career stages. / MONKEY BUSINESS

Quoted

"This is the future of health care education. It's an opportunity to improve it worldwide."

Darlene Curley
Executive Director of the Jonas Center

Positive innovations in nursing affect the patient experience. "Nurses are the key to improving health care. They're the ones in contact with patients for the greatest amount of time," said Darlene Curley, executive director of the Jonas Center, a philanthropic organization dedicated to improving health care through nursing. But patient care is a team effort — and while these materials are designed with nurses in mind, they're also handy references for other medical professionals and their patients. "This is the future of health care education," Curley said. "It's an opportunity to improve it worldwide."

NATALIE SHURE
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Presenting with style

Interactive. A business presentation company takes on the college campus.

We're all used to the typical business meeting or classroom presentation embellished with a slideshow to provide a visual aid. But it turns out that those flat slideshows may be a thing of the past.

A San Francisco startup company named Prezi has updated the art of the presentation and created software that enables a more interactive experience, and it's gaining popularity in colleges around the country. As a way to help spread the word, Prezi is holding a "Canvas My Campus" contest.

There are currently more than 70 student ambassadors at various campuses who are helping bring Prezi to the classroom.

"They're so engaged in using it as a better way to communicate," explains Scott Kabat, Prezi's chief marketing officer. "It's a visual way to teach or share that is much more reflective of your creative side."

That's where the contest comes into play. With "Canvas My Campus," students use Prezi to create a presentation about what makes their colleges so great.

If you need an example, Prezi posted one on its website.

"We created one where we showcased a school," says Kabat, "and we used Hogwarts as the campus."

Students are encouraged to use the software as an updated way to show off all the magic and mystery that their own schools possess. We're not sure how Dumbledore would feel about this, but we like to think that he'd be amused.

JULIA WEST
letters@metro.us

FYI

Contest details

- Submissions are now being accepted at www.prezi.com.
- Contest closes on Oct. 25 and voting runs through Nov. 8.
- Two students from two schools will be chosen as the winners.
- They will receive a weeklong trip to San Francisco to meet the teams at Prezi and other startup companies focused on technology.
- The students will win a free Pro Prezi account for the whole school.

Slideshows could be a thing of the past. / WAVEBREAK MEDIA

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What makes a college tick?

John Lombardi is a former university president known for his engaged style of leadership. / JIM ZIETZ

Schooled. A new book takes on the complex infrastructure of higher education.

When John V. Lombardi was president of the University of Florida, he had an unorthodox approach to getting to know students and professors: He took a turn at the lectern and taught a course.

The subject he covered was something rarely studied on college campuses. The course answered questions about the university itself: How did it pay its bills? What were its hiring practices? How did it allocate funds?

"You get a lot of noise and anger at universities. I felt a lot of that was people not seeing the whole. Universities are complicated enterprises, and they're very tightly integrated," says Lombardi. He also encourages the higher education community to think more broadly about the difficulties of change.

After teaching the course at Amherst College and Louisiana State, Lombardi's book, "How Universities Work," will be released in early November.

In it, he cuts against the tone of much of the public debate on higher education. He warns against embracing the notion that colleges should be flexible and quickly adapt to the changing marketplace.

For Lombardi, a "change-averse" culture can be a good thing. "Our universities have been successful because they've served a valuable societal need. So when you say, 'We're gonna fix them in a revolutionary way,' you're attacking what is actually a highly valued mainstream enterprise," he explains.

"Sure, they can always be improved. But they rarely move fast," he says, adding that students are the ones who feel the effects of change. "One of the great virtues of universities is that — unlike many things in society — they don't change too fast," he says.

BRUCE WALSH
letters @metro.us

Quoted

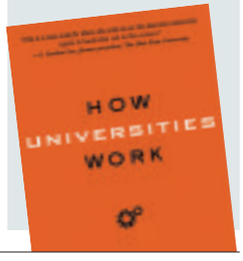
"One of the great virtues of universities is that — unlike many things in society — they don't change too fast." John Lombardi

Flip side

On the other hand

"I agree that traditional universities tend to be very stable, long-term organizations. They're definitely valuable things to have in a community. ... But that doesn't mean they need to be unwilling to meet market demands. Why can't the academic side change to meet the changing times when it comes to developing job skills?"

Eric Darr, president of Harrisburg University of Science and Technology



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CULTURE

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
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Wintour is trying to woo Dunham

Is "Girls" star and creator Lena Dunham about to be a Vogue cover girl? That's reportedly Anna Wintour's plan.

Vogue has always been obsessed with fashion and fashionable bodies — i.e., thin ones — and no one more than its editor-in-chief Wintour. But rumor has it that the owner of the most fearsome bob in fashion knows the way the wind is blowing, and she thinks she needs Dunham and her young, hip fans in Vogue's corner — even if it means giving the cover to a size 8.

"Anna is trying to seduce Lena into bringing her next-generation audience into the Vogue brand," a Vogue insider tells RadarOnline.com

"And she's willing to violate a lot of Vogue traditions to do it, including putting her on the cover even though she doesn't really conform to the body type that Vogue has featured for most of its history."

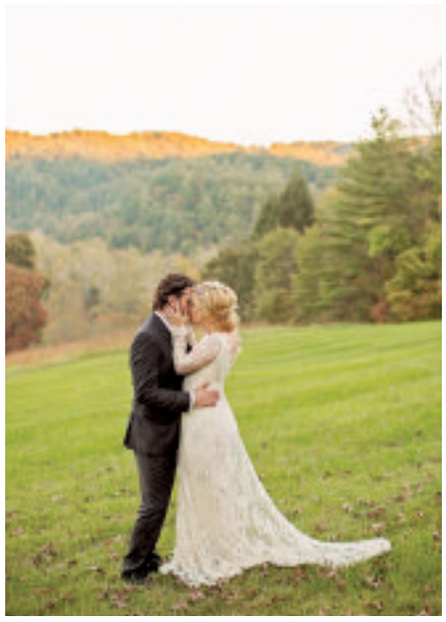
How incredibly generous! I bet Dunham is thrilled that Vogue is willing to put up with her hideousness. Every young girl dreams of Vogue gritting its teeth and reluctantly allowing her to appear in its pages. **MELINDA TAUB**

"Anna is trying to seduce Lena into bringing her next-generation audience into the Vogue brand," a Vogue insider says. / GETTY IMAGES

Talking point

Paltrow is 'out of touch' for fighting article

Gwyneth Paltrow has reportedly been doing everything she can to head off Vanity Fair's efforts to write an unauthorized profile on her, and at least one expert thinks that's a big mistake. "She's not doing herself any favors by trying to be controlling and perfect. It's widely acknowledged that nobody's perfect and that there's no such thing as control," brand strategist Linda Ong tells TheWrap. "It just seems out of touch."



Clarkson shares wedding photos with fans

Kelly Clarkson isn't going to be selling her wedding photos to the highest bidder — she shared them directly with fans on her Twitter account yesterday. The singer married talent manager Brandon Blackstock in a small ceremony with just a few family and friends at Blackberry Farms in Tennessee on Sunday. All together now: "Awwwwww!"

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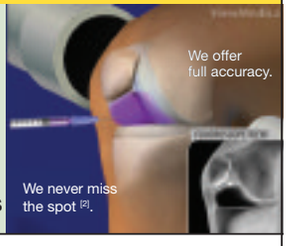

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Franz Ferdinand says buy the regular version of their new album, "Right Thoughts, Right Words, Right Action." / PROVIDED

Nailing the 'Right' moves

Music. Franz Ferdinand find new sounds once the suits leave them alone.

Do not buy the deluxe edition of Franz Ferdinand's latest album.

That advice comes from frontman Alex Kapranos.

Sure, you may be tempted to spend three extra dollars for 13 extra songs, but if you don't buy the standard 10-track version you'll miss the impact of the final phrase he sings on "Goodbye Lovers and Friends."

"The album was supposed to end with, 'Goodbye lovers and friends, you can laugh as if we're still together, but this really is the end.'"

That sounds like the band's swan song, but Kapranos insists it is not.

"We wanted a definitive ending for the album," he says, "not for the band."

Sonically, "Right Thoughts, Right Words, Right Action" is a splash of neon upon the dark disco blueprint that initially earned the band acclaim.

"We were under observation for our second and third records," says Kapranos, "but the label left us alone for this one."

The album is full of surprises like a song that draws from the unlikeliest of influences.

"Oh, 'Love Illumination'?" asks Kapranos. "I could see why you'd think that sounds like ZZ Top."

It's all in the name of taking the "Right Action" with creative freedom.

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Stanton, right, reviews photos with his subject. / LENYON WHITAKER

Brandon Stanton:

Interview. The popular photo blog was turned into a book this month.

On a cloudy Friday afternoon, we met with photographer Brandon Stanton in front of a Barnes & Noble in Manhattan. His wildly successful blog, Humans Of New York, was recently translated into a book. Today, the 29-year-old Georgia native is on the hunt for new subjects: everyday New Yorkers whose images and stories he will tell in a way that piques the interest of thousands of followers. We tag along.

Stanton is honest in his approach. He casually walks up to his subjects and simply asks them if they want their picture taken. He also shows people his site on his iPhone. He doesn't linger too long behind the camera, as most of his time is devoted to speaking with his subjects and understanding their stories. After a day of shooting, we had the opportunity to learn more about the man who has managed to find a new way to photograph a city that has been photographed countless times.

What made you want to start shooting people?

[Laughs] Shooting people? That's sounds funny. Humans of New York was really an evolution. It wasn't a fully-formed idea that I executed. Basically it came out of just getting the camera in my hand at the age of 26. I really loved photography and I would go into downtown Chicago every weekend, when I was working as a bond trader, and I would just photograph everything. Then one or two of those photos would be people, and I found that I liked the photographs of people because they were more unique. I was traveling around the country just doing photography after

I lost my job. And when I got to New York, I started gathering pictures.

Did it start off as candid photography, or were you looking for street style?

It started out with all kinds of photography. Then I

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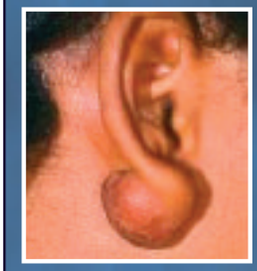

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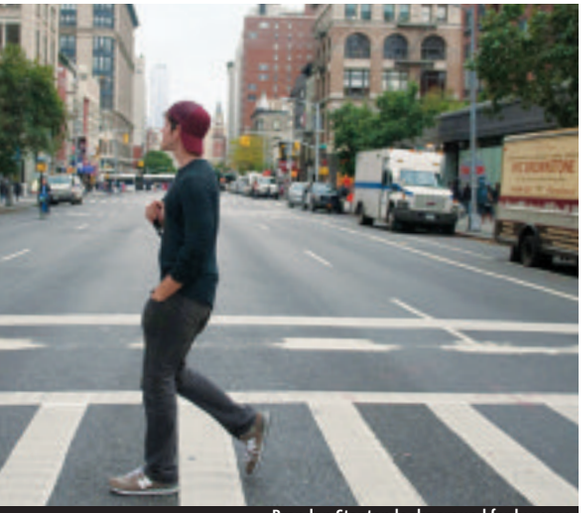
Shooting 'Humans'



Brandon Stanton looks around for humans to photograph. / LENYON WHITAKER

started doing some candid shots and then I started asking people for their pictures. The evolution of Humans of New York is really about getting more engaged with my subjects.

How do you choose your subjects?
I try to keep that as vague as possible. Sometimes it will be a visual cue, like a color or something they are wearing. Or, a lot of the times, it will just be that they are sitting alone and that I can easily talk to them.

Have you kept contact with people?
Very, very casual acquaintances. I'm very singularly focused with people in New York and it takes up a lot of my time, so most of my free time is spent maintaining my old friendships and spending time with my girlfriend.

LENYON WHITAKER
lenyon.whitaker@metro.us

The game plan

What's your process?

Normally when I approach someone, I will take a full body shot first and then I will start talking to them. As I'm talking, I will snap some more candid photos.

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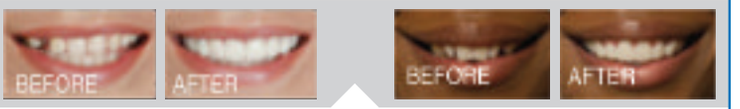

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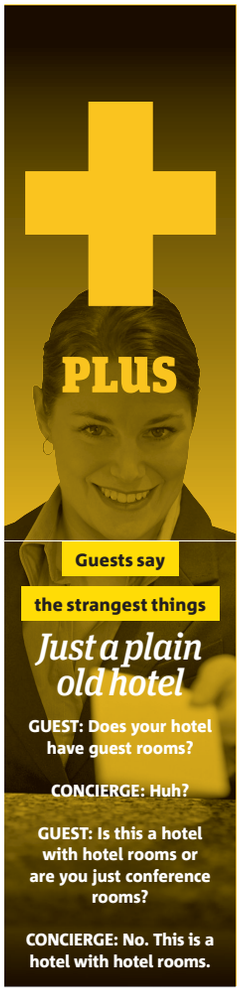
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CONCIERGE: No. This is a hotel with hotel rooms.

If concierges had comment cards

Viral hit. New Tumblr How May We Hate You says all the things hotel staffers won't say to your face.

BRISCOE AND DREZEN
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Times Square hotel concierges Anna Drezen and Todd Dakotah Briscoe chronicle interactions with their most bizarre, clueless and demanding guests on their addictive new Tumblr, How May We Hate You. For Drezen and Briscoe, both comedians by night, humor is a lifesaver when the job gets rough.

"It can start to grind on you," Drezen says. "The blog was a way of having an outlet while getting yelled at all the time."

Ticked-off guests may find themselves the anonymous subject of a post. Like the mother of 2-year-old Ava, who was saddled with an $810 phone bill when her toddler whacked a bunch of buttons and placed a seven-hour call to Russia. Or the guy who demanded to speak with a male concierge who could tell him when the game was on. "I'll admit to giving him a bit of a hard time," Briscoe recounts.

Not all of them are angry — plenty are just confused first-timers in New York. In one post, a guest asked about eating breakfast at Tiffany's. In another, a tourist inquired about the Meatpacker's District. No matter how silly the questions get, Briscoe and Drezen give guests the benefit of the doubt. "I try to put myself in their shoes," Briscoe says. "They're nervous, and they want to check in with someone. I try to give that kind of service."

When they aren't asking questions about what time Chelsea opens, guests are the best part of the job. "You meet incredible people from all over the world," Drezen says. She even keeps in touch with some guests after they return home — like one 86-year old woman from the U.K., who so appreciated Drezen's help and company that she invited her to the opera before she left town.

The blog isn't the first time Briscoe and Drezen have drawn upon their hotel gigs for comedic inspiration. Briscoe has brought the experience to his graduate work in TV writing. Drezen has done bits about it in her standup. One quip was inspired by a guest who asked her if she's always here: "Are you asking whether I'm always at this desk? Yes, sir. I actually died 60 years ago and now I haunt the place," Drezen jokes.

In the end, joking about a job can even make you better at it. "I don't take it home with me anymore," Briscoe says. "Now I put things on the blog and say, 'Well, they may have been mean to me, but at least it was funny!'"

NATALIE SHURE
letters@metro.us

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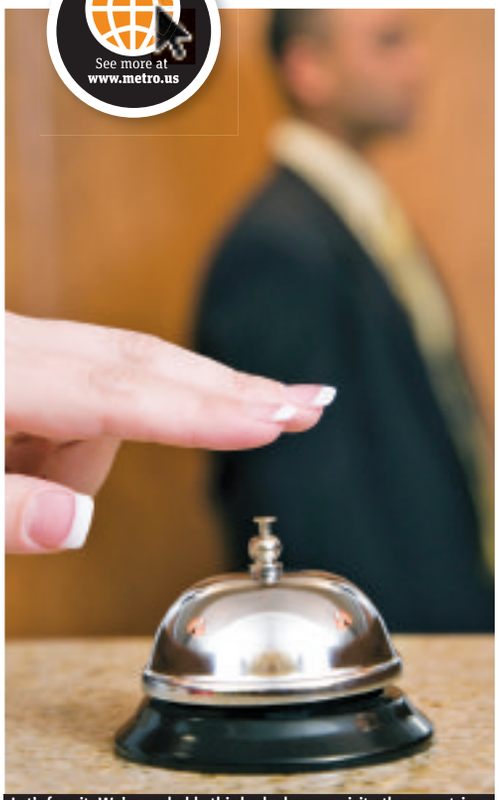

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Florida's No. 1 beach town, per USA Today readers, is Clearwater Beach.

You might think of New York, New Orleans or San Francisco as the ultimate must-experience cities for foodies in our nation. But one — make that two cities are beefing up their culinary presence, and people are taking notice.

From Nov. 15-17, star chefs like Todd English, Ming Tsai and Curtis Stone will descend upon St. Petersburg/Clearwater, Fla., for the first-ever Enjoy Arts & Tastes St. Pete festival celebrating food, wine and the arts. Gulf Coast seafood is naturally the specialty for the three-day party, but celeb and local chefs will play around with other native ingredients too, like strawberries, heirloom tomatoes and sweet corn. Events include cooking demos, a "senses immersion" dinner curated by six chef-and-artist duos, a late-night dessert jam, a best-burger contest and more.

Culinary offerings are at the heart of the fest, but they're not everything. The weekend also includes a chance to peruse local galleries and museums, plus hit award-winning beaches (Florida's No. 1 beach town, per USA Today readers, is Clearwater Beach). With 361 days of sunshine a year, your odds of getting a nice beach day are pretty good. And while you're in the area, pop by Bright House Field in Clearwater to see where the Phillies do their spring training. The weather should be a balmy 77 or so degrees, so it should feel like spring even in November.

Food Network stars Donatella Arpaia and Ingrid Hoffmann will both host events at the fest. Arpaia, who's leading Sunday's burger contest, says the party "is just what St. Pete needs to showcase the unique culinary and art scene that this city has to offer." And Hoffmann, in charge of Saturday's Latin-inspired walk-around tasting, says she is "thrilled about the resurgence of our wonderful Gulf seafood."

Each individual event is ticketed, so you can mix and match the sessions appeal to you. Prices range from $50 for a cooking demo to $225 for the aforementioned Latin-inspired showcase. All of the proceeds benefit Florida ProStart, a nonprofit that prepares students for careers in the restaurant industry. Tickets are available at www.enjoyartsandtastes.com.

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HILARIA BALDWIN

As she launches her new prenatal yoga DVD, "Fit Mommy-to-Be," we speak to Alec Baldwin's wife about her shrinking tummy, post-baby workout and how pregnancy isn't a vanity contest.

FIT TO BE A FIT MAMA

MICHAEL CINQUINO

Many women assume they need to wait at least six weeks after giving birth before they start exercising again. You waited, what, two weeks?
Fitness is something I've done ever since I could walk; I exercised almost every single day of my pregnancy. I walked, did yoga, ballet barre and, up until the fifth month, jogged. I wanted to keep circulation in my body and never got swollen feet, ankles or legs. I obviously gained weight, but nothing extreme. There was some fat — as there should be — but I ate well.

What kind of yoga were you doing?
Think about what's going to prepare your body for delivery: You need a strong pelvic floor and you want the baby to travel further downwards. I did a lot of squatting, open twists and hip openers; helping everything release and go down.

Were you on a special pregnancy diet?
It's a diet, but it's not dieting. I ate the stuff I was eating before, just more quantity. So a lot of healthy whole grains because folic acid is great for the baby's brain development, vegetables, a lot of almonds and walnuts and I added fish to my diet — I'm normally a vegan. I wasn't chowing down on doughnuts. A lot of people were like, "This is your time to eat sugar!" I didn't want to do that. It wasn't healthy for me or for my baby. [Pregnancy] is not a vanity contest.

What, so no cravings?
I think of cravings as, "I must have this or I'm going to kill somebody!" I never had that. At the beginning I really wanted pineapple and citrus because I was nauseous. It was, "What can eat that's not going to make me sick?" And I was a happy pregnant person… when you're happy, you tend to eat pretty well.

Some women can't work out within weeks of giving birth, but if you didn't have any problems you can. What advice would you give those reluctant to exercise?
If you go little by little you're always in control, you're not going to get hurt. Be smart, but don't be afraid. Your body is still your body. In the hospital, I started walking up and down the corridors, stretching my ankles and promoting circulation in my arms and leg. The day I got home, my husband and I went for a walk. I was surprised by how tired I was. ... It's hard! You've lost a tremendous amount of blood and you're lightheaded, but every day I just felt better and better to the point where I had the guts to do more. I started by giving myself full, very slow yoga classes and by the two-week mark I went to a ballet barre class. ... After three weeks I went for a jog. ... Did I feel as strong as before, no, but my body told me I was OK and I could go.

ROMINA McGUINNESS
romina.mcguinness@metro.lu

Bonus questions

The breast way to get a flat stomach

You gave birth and two weeks later, your stomach was pretty much flat! I saw a picture on Twitter.
It's the most bizarre thing. My husband and I would laugh because every day we'd wake up and it had shrunk — it was literally going down day by day. At first I was like, "OMG! It's going to be six months and I'm still going to look pregnant!" A lot of it is breast-feeding – this is something I didn't know — it burns a lot of calories.

Up to 500 a day, I think...
That's what I heard. It stimulates contractions in your uterus that help it return to its normal size. If I'm frank with you, it was the most painful part of my entire pregnancy. But at the same time, I'm looking down at my baby and she's so cute. But I enjoy it now.

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• My toes aren't straight - they are crooked, bent and hurt.
• I have painful calluses on the ball of my foot which keep building up.
• I have corns on my toes which get thicker no matter what shoe size I wear.
• The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
• I have cramps in my legs which always happen when I walk the same distance.
• My ankles are swollen most of the time.
• My feet are always dry and scaly - sometimes they itch.
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Parenting is exhausting

Duh. If you're a parent this seems obvious, but now there is research to back it up.

Yeah, nobody ever said parenting was easy. In fact, a new study confirms that it's not. / ISTOCK

Ah, the joys of parenting: sleepless nights, endless laundry, cooking meals and coordinating carpools.

In findings that likely ring true to many mothers and fathers, a Pew Research Center report issued earlier this month said U.S. parents find caring for their children far more exhausting (though also more rewarding) than the work they do for pay.

Pew said parents with children under age 18 rated 12 percent of childcare activities "very tiring," compared with only 5 percent of work-related activities. Some 62 percent of parents said child-care experiences were "very meaningful," compared with 36 percent who rated paid work activities of equal value.

"It's so true, just managing the kids' schedules is exhausting," said Jennifer Davidson Patykiewicz, a 36-year-old Kansas City-area mother of three children ages 3, 7 and 9. Patykiewicz worked as a pharmacist for seven years before leaving her job in September to care for her children full time.

"It's definitely more rewarding," she said. "But also more of a challenge."

The Pew report is based on an analysis of information gathered in a 2010 American Time Use Survey conducted by the Bureau of Labor Statistics. Respondents answer questions via a "time diary" that gauges both how people spend their time and how they feel about it.

"This is an objective measure," said Wendy Wang, a Pew researcher who wrote the report. "It does capture the exact feeling that parents experience in these daily activities."

Moms reported greater feelings of exhaustion in child care activities than did fathers, and spent much more time than fathers doing unpaid child care activities and housework — 31 hours per week versus 17 hours.

Fathers spend significantly less time than mothers on almost all child-care activities except for playing with children, where the gap is the smallest. Fathers and mothers on average both spend about two hours per week in recreational-type child-care activities.

REUTERS

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Horoscope

♎ Libra | Sept. 23-Oct. 22. Discuss money matters with someone close to you to find a way to meet your financial demands. A realistic approach will help.

♏ Scorpio | Oct. 23-Nov. 21. For maximum inspiration, you should visit destinations that are educational. Don't be afraid to speak up if you don't understand.

♐ Sagittarius | Nov. 22-Dec. 21. Observe a situation until you feel you have enough information to make a good judgment call. Don't let anger lead you in the wrong direction.

♑ Capricorn | Dec. 22-Jan 20. Use your clout to help you gain favors and support. An unpredictable situation is best left alone. Stick to conservative plans.

♒ Aquarius | Jan. 21-Feb 18. You'll be questioned if you appear to be uncertain. Assess your situation and make decisions based on what makes life easier.

♓ Pisces | Feb. 19-March 20. Don't judge others. Creative endeavors will bring the best return on your effort. An emotional situation isn't likely to go the way you want.

♈ Aries | March 21-April 20. Calm down and consider what you can accomplish. Making a decision without giving thought to the outcome will cost you.

♉ Taurus | April 21-May 21. Push for what you want today. Put more into your relationships. Understand what others want if you expect a return.

♊ Gemini | May 22-June 20. Explore new interests and connect with people. Love is in the stars, and romance will end your day. A personal problem must be dealt with honestly.

♋ Cancer | June 21-July 22. Socializing with friends will spark interesting conversations and lead to new ideas. Younger and older people will inspire you.

♌ Leo | July 23-Aug. 22. Rectify a problem before it gets out of hand. Do something that makes you feel good. A positive shift is heading your way.

♍ Virgo | Aug. 23-Sept. 22. What you do and say will make a difference to the outcome of a business situation. If you look for alternatives, you will find a solution. BERNICE BEDE OSOL

Sudoku: Easy and hard

4					8		1	
8							3	
	9	5		2				
5	2			9	7	8	6	
	8			1			5	
	4	3	8	5			2	9
				3		7	8	
	7							3
	6		4					5

9	3				5			
				4		6		9
		6		7				3
	6		4		9	3	2	
		3		8		9		
	8	9	2		3		5	
2				3		1		
6		1		9				
			1				9	5

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Don't be so sly about Sly

Re: '"Escape Plan" after-party held at Buca di Beppo' (Metro, Oct. 17) "I can suspend my disbelief just enough to pretend that Stallone has an advanced degree in engineering" — well, Ms. Robinson, as I read this personal attack on good old Sly I have a few questions. The first screenplay you wrote, did it win an Oscar for best picture? Has the character you invented been revered for almost 40 years? Has that same character been put into the actual Boxing Hall of Fame? Did someone make a statue of you? Or do you just write pretentious insults in a daily newspaper?
THOMAS J. ST. PIERRE, VIA EMAIL

Don't let racism be a hairy topic

Re: 'Don't dread the dreads' (Metro, Oct. 17) I am writing in response to the gentleman who faced discrimination because he wears dreads. I want to express my solidarity with you. I am so sorry that you have faced ignorant discrimination and all the hurt that goes with it, and that goes for anyone who has faced similar prejudice. I am white, and must admit that a long time ago I felt discomfort around dreads, though I never expressed it out loud. I have come to really appreciate the beauty of dreads. I think they are magnificent and they remind me of the roots of trees. Please, my sisters and brothers, stop mistreating people for how they wear their hair and for their skin color. Your actions hurt real people, like yourself. Think how you would feel if others ridiculed you for your straight hair, or if you faced discrimination at your job because of your hairstyle.
SHIFRA FREEWOMAN, VIA EMAIL

letters@metro.us

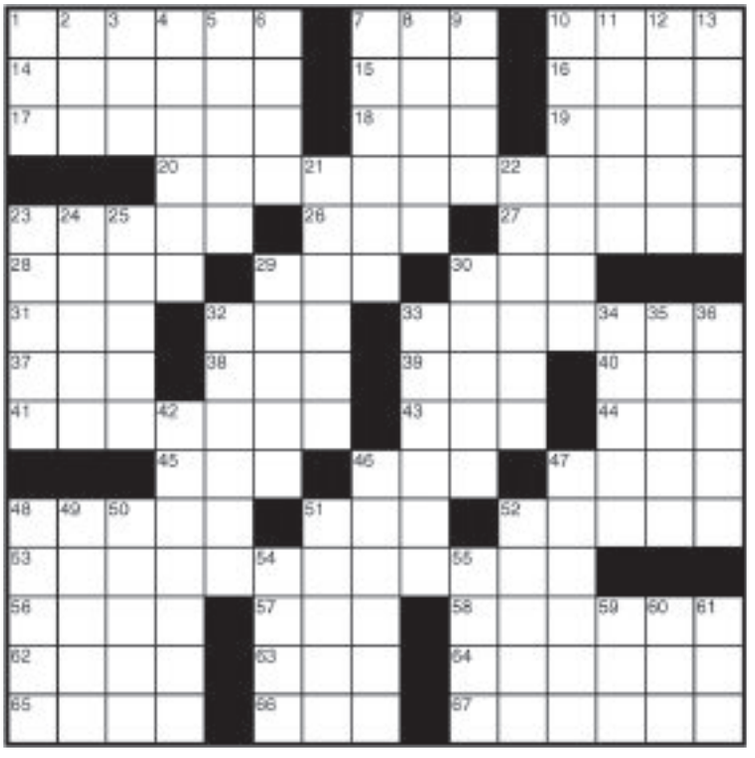
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Crossword

Across
1 Rock concert venues
7 Col. Sanders' co.
10 Off-road vehicle
14 Arroyo
15 Mammal's requirement
16 Hunter's need
17 Nickels and dimes
18 Tigger's friend
19 Spatter guards
20 Trunk contents (2 wds.)
23 Festive occasions
26 Conducted
27 Tractor pioneer
28 Subj. of rollovers
29 Tiny —
30 Debussy subject
31 Small shot
32 Blow away
33 Exploits (2 wds.)
37 Sister of Helios
38 Polite word
39 Libras' mo.
40 Aught or naught
41 Some guests (hyph.)
43 Half a couple
44 Foxy
45 911 responder
46 — -tzu
47 Volcano goddess
48 Groovy
51 "Lettuce pray," e.g.
52 Make different
53 Homonid fossil site (2 wds.)
56 Big cat
57 Kiosk buy, slangily
58 Desk drawer item
62 Pith helmet
63 Small bill
64 Unruffled
65 Singer — James
66 Down for the count
67 Tried out

Down
1 Eyebrow, e.g.
2 Cheer
3 NASA excursion
4 Shogun's warriors
5 Black cattle
6 Look as if
7 — Abdul-Jabbar
8 Norway bay (var.)
9 Gator kin
10 Yaks
11 Novelist — Zola
12 Coal
13 Sheriff's group
21 Gripping tool
22 Skilled persons
23 Jeered at
24 Shady nook
25 Dogie stopper
29 Gemini symbol
30 Prefix for "wave"
32 Famed sci-fi writer
33 Oft-grated cheese
34 Early stages
35 Grenoble girl
36 Airline passenger
42 Bedding plant
46 Strained, as an engine
47 Implores
48 "Lorenzo's Oil" star
49 George who was a she
50 Vote to accept
51 Frontier saloon plus
52 Be in accord
54 In a frenzy
55 Take 10
59 Gathered dust
60 Summer in Quebec
61 Primary color

Yesterday's answer



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Ryan pleads the Fifth on tipping 'push' penalty

NFL. The Jets head coach believes the call was right and said they were aware of the league's initiative.

Chris Jones, center, committed the fateful penalty on Nick Folk's 56-yard field goal attempt. / GETTY IMAGES

Jets head coach Rex Ryan wants you to know he and the coaching staff watch every play of every opponents' game tape. He just won't tell you if he let Sunday's officials in on the information he learned.

Not long after a controversial penalty moved the Jets 15 yards closer to set up the game-winning kick, reports indicated Ryan had warned the referees to be on the look out for the new rule.

"Let's just put it this way — we watch every single play," Ryan said. "I don't care if it's Week 16 or whatever. We're going to watch every play of the opponent. That's what we do as coaches."

Patriots head coach Bill Belichick admitted yesterday his team had broke the rule — something he fought Sunday — by pushing a lineman forward to block the field goal.

"It was a rule emphasis this year and it's all about protecting the players," Ryan said. "Was it an appropriate call? Yes."

MARK OSBORNE
mark.osborne@metro.us

Geno rides again

Smith happy to profit from good luck

Geno Smith has already led three game-winning drives in the final seconds of regulation or overtime. And, he's not above crediting a little bit of luck.

"Usually it takes more skill than luck, but I do think you need a little bit of luck on your side," Smith said. "I don't know if we were or were not lucky, but it's good to be 4-3 right now with an opportunity to put together some wins."

METRO

3 SPORTS

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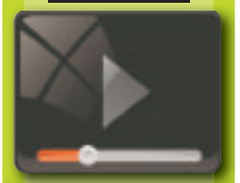

Find video and recap of last night's Giants-Vikings game at: **Metro.us/sports.**

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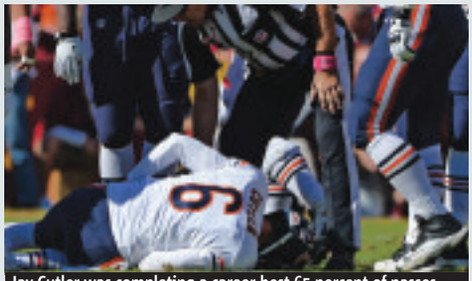
Sunday, bloody Sunday



Jay Cutler was completing a career-best 65 percent of passes and had 12 touchdowns this year. / GETTY IMAGES

The NFL was hit by a rash of major, season-altering injuries on Sunday, making coaches' press conferences yesterday often sound like roll call at a hospital.

- Bears QB **Jay Cutler** underwent an MRI yesterday, showing he suffered a torn muscle in his groin. But, he was one of the lucky ones — he'll miss about four weeks.
- Former No. 1 overall pick **Sam Bradford** is out for the season after suffering a torn ACL in a loss to the Panthers. He was having a career-best season for the Rams, with 14 touchdowns and just four interceptions.
- Colts receiver **Reggie Wayne** suffered the same fate as Bradford, with a torn ACL suffered while trying to catch a low pass in the Colts' Sunday night upset of the Broncos. He had played in 189 straight games, third-most all time for a wide receiver.
- The Bucs, in the midst of a season where nothing has gone right, will be without star running back **Doug Martin** long term. He injured his shoulder Sunday, but head coach Greg Schiano said the injury was not necessarily season-ending.
- The Eagles confirmed QB **Nick Foles** suffered a concussion against the Cowboys. Foles is out indefinitely until he passes concussion tests, but Mike Vick may be healthy for next week against the Giants.
- Packers tight end **Jermichael Finley** was still in the hospital yesterday after suffering a neck injury, but he is "up and performing normal activities," the team said.

Nick Folk celebrates after kicking the 42-yard, game-winning field goal to beat the Patriots — his third game-winning kick this season. / GETTY IMAGES

Folk, unwanted before, now hero

NFL. The Jets twice brought in competition to unseat the kicker.

Two months ago, it seemed like Jets kicker Nick Folk's days with the team were numbered. Now, he has three clutch field goals this year on the Jets' final possession of a game and it is unthinkable he wouldn't be on the roster.

The Jets brought in Billy Cundiff and later Dan Carpenter with the hope either would win the kicking competition. They didn't impress and as Sunday's 42-yard field goal in overtime proved, the Jets are glad to have Folk.

"It feels good. I knew I had it in me. I had to put it all together," Folk told Metro. "I'm in a good rhythm right now with [long snapper] Tanner [Purdum]. I think the whole special teams unit is playing well right now. But for me? Yeah, it felt good. You always want to make a game-winning field goal. But yeah, three of them this season is pretty special."

Folk, who has made all 16 of his field goal attempts this season, may now be the most reliable person on the Jets' roster.

KRISTIAN DYER
sports@metro.us

Quoted

"I just wanted it. No doubts. No ifs, no ands and no buts. I wanted the opportunity. And I got it."

Nick Folk, on hitting the game-winning field goal Sunday

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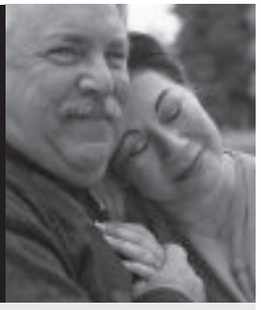

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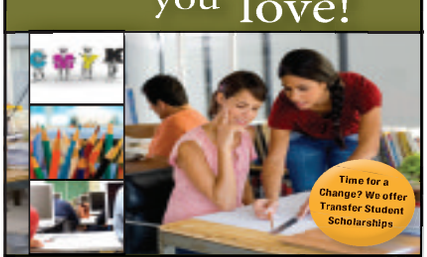

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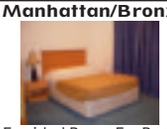

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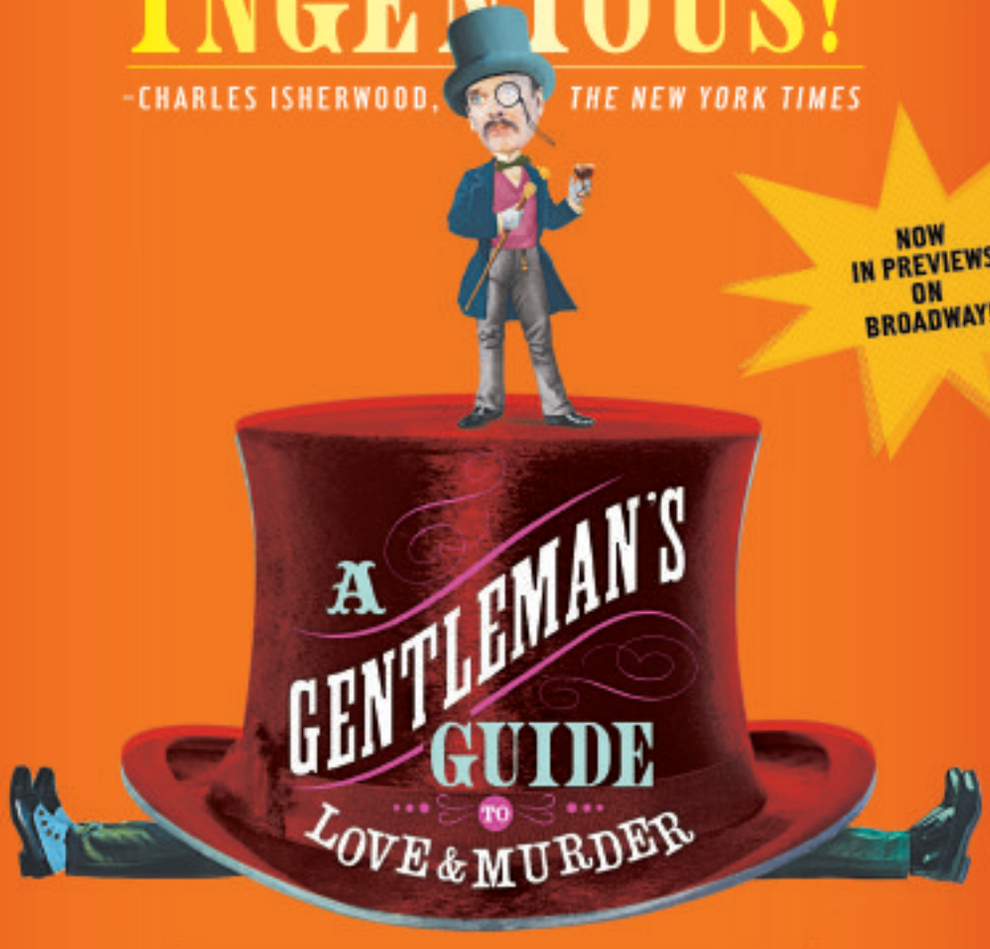

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